

My Daily Blood Pressure and Weight Log:

DATE	DAILY WEIGHT	DAILY BLOOD PRESSURE	DAILY HEART RATE	DAILY ACTIVITIES	NOTES
SUNDAY ____ / ____		____ / ____			
MONDAY ____ / ____		____ / ____			
TUESDAY ____ / ____		____ / ____			
WEDNESDAY ____ / ____		____ / ____			
THURSDAY ____ / ____		____ / ____			
FRIDAY ____ / ____		____ / ____			
SATURDAY ____ / ____		____ / ____			
SUNDAY ____ / ____		____ / ____			
MONDAY ____ / ____		____ / ____			
TUESDAY ____ / ____		____ / ____			
WEDNESDAY ____ / ____		____ / ____			
THURSDAY ____ / ____		____ / ____			
FRIDAY ____ / ____		____ / ____			
SATURDAY ____ / ____		____ / ____			